

# The First Mess Cookbook: Vibrant Plant-Based Recipes to Eat Well Through the Seasons

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The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes.

Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious.

Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following.

The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer. Laura Wright is a recipe developer, food photographer, and the voice behind the award-winning blog The First Mess, which she created after attending culinary school and working in farm-to-table and strictly vegan restaurants. Her work has been featured in The Huffington Post, the Martha Stewart Living Blog, The Kitchn, and Food52, among many other outlets. The First Mess was Saveur's 2014 Editor's Choice winner for Best Special Diets Blog. Wright lives in Southern Ontario. "Laura Wright's plant-based collection of recipes is full of color, good ideas, clever tricks you'll want to know, and that all-important garden-based sense of the seasons which is one of the things that makes these recipes vibrant. Anyone who cooks stands to learn a lot from The First Mess Cookbook."

-Deborah Madison, author of Vegetable Literacy and The New Vegetarian Cooking for Everyone

"Laura Wright's passion for cooking shines through every evocative word and gorgeous photograph on her blog-and now, in this lovely cookbook, too. I've always loved Laura's inspiring, seasonal, and wholesome take on plant-based eating. And with unique dishes like Savory Ginger Green Onion Crepes, Butternut and Pesto Cream Lasagna, and Earl Grey Tiramisu, I know The First Mess Cookbook will have a place on my shelf for many years to come."

-Angela Liddon, New York Times bestselling author of The Oh She Glows Cookbook and Oh She Glows Every Day

"Laura Wright is a rare jewel, and her debut cookbook is no different. Shining with her

creative spirit, each recipe is a celebration of beauty and abundance, living well and eating well. Just by flipping through these pages, you are immediately aware of her reverence for fresh, healthy food and that each recipe is an ode to earth's gifts. Laura will open your eyes to the treasure trove that is nature, the possibilities in the produce aisle, and will get you excited about eating more plants—not because you should but because you want to."  
-Sarah Britton, author of My New Roots

"Laura is a plant-based culinary genius. Anyone desiring to add exciting new vegan recipes to their repertoire must have this book. The recipes are approachable and healthy, and the photography is stunning. I'm in love."  
-Dana Shultz, author of Minimalist Baker's Everyday Cooking

"As a long-time follower of Laura's work, I've been anxious for her creative recipes to be printed in a book that I could use often in my own kitchen. She has a way of making plant-based food appeal to everyone, no matter their diet preferences. I will continue to reach for this book for everything from her amazing dairy-free coffee creamer to weeknight dinner ideas or something special for guests."-Sara Forte, author of The Sprouted Kitchen and Sprouted Kitchen: Bowl + Spoon

"Laura Wright's The First Mess Cookbook is a soulful, sumptuous feast for the eyes and belly. Lush photographs and candid storytelling bring a rich collection of creative, plant-based recipes to life. In a warm and welcoming voice, Laura issues us all an invitation to embrace the beautiful mess that is cooking-and life."  
-Gena Hamshaw, author of Food52 Vegan

"Laura's no-fuss, simple-but-stylish approach to healthy food is as bold as it is beautiful. Her warm and inviting spirit, passion for plants, and gift for pairing fabulous fresh flavors take you on an exquisite journey where you feel nourished, nurtured, awakened, and inspired. Her magical mess is a joyful celebration of eating well and living well."  
-Tess Masters, author of The Blender Girl, The Blender Girl Smoothies book and app, and The Perfect Blend

"The First Mess Cookbook is not just an inspiring view into Laura Wright's productive kitchen and garden or simply a collection of truly delicious recipes; it is a comprehensive guide to creating healthy and irresistible plant-based meals every day."  
-Amy Chaplin, James Beard award-winning author of At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well

"The next time someone asks me how vegan food can be filling, satisfying, and delicious I'll show them this book. Superfood-packed breakfasts, hearty main courses, huge salads full of flavor and texture, and more . . . each page makes me hungrier than the last. I'm already hooked on Laura's Mocha Hemp Fuel and her Cozy Lentil Soup. Yum!"  
-Jeanine Donofrio, author of The Love and Lemons Cookbook

Other Books

Sweet & Simple. Christina Lane is back, with more favorite sweet treats—scaled down for two! How does she do it? Christina Lane, everyone's favorite "for two" cookbook author has

once again taken her favorite desserts and scaled them down to size. Here are nearly 100 delicious new recipes drawn from her personal favorites, complete with her signature gorgeous photography. Perfect for new couples, empty-nesters, and anyone who's ever polished off far too much of a regular-size dessert, these cakes, cookies, pies, bars, and more are sure to please. Among the mouthwatering selections, you'll find: Gooney Butter Cake Cookies Three-ingredient Flourless Chocolate Cake Salted Butterscotch Tart Peppermint Brownies Greek Yogurt Cheesecake Ramekins Baked Rice Pudding with Caramel Lane uses pans in creative ways (a loaf pan, for example, is perfect for making two big brownies; muffin tins make great mini pies), but also takes advantage of smaller pans that are now widely available. Her familiar, friendly voice invites readers to whip up a little dessert and enjoy. She's even included some light and skinny options for her fans. Sweet & Simple is sure to be another instant classic!

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